AVOCADO MARGARITA, ANYONE?
CHEF GETS CREATIVE WITH FRUIT {page 12}

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BAD, u
SINGER FINED FOR RACY VID DISH {page 9}

VANCOUVER metro®

Wednesday, August 18, 2010
www.metronews.ca

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PM eyes action on smuggling

- Mandatory detention hearings begin in Vancouver for Tamil migrants
- Grits call on Toews to 'lower the tone' of his rhetoric toward the refugees
- Media allowed to attend hearings, but Canadian Tamil Congress denied

Prime Minister Stephen Harper says the government "will not hesitate" to strengthen Canada's human smuggling laws.

He did not, however, spell out what Ottawa might do to prevent ships full of migrants from arriving in Canadian waters similar to the way 492 Tamils arrived last week.

Harper noted Canada is a land of refuge, but when hundreds of people come to the country outside the proper channels, it leads to "significant security concerns."

"It's a fundamental exercise of sovereignty. We are responsible for the security of our borders and the ability to welcome people or not welcome people when they come."
PRIME MINISTER STEPHEN HARPER

Public Safety Minister Vic Toews has suggested Canada will work closer with its allies to prevent future ships from even setting sail.

The migrants claim to have escaped mass murders, disappearances and extortion.

But Toews has said among the migrants on the MV Sun Sea are believed to be terrorists and criminals.
THE CANADIAN PRESS

Canada Line. Let them eat cake

▶ Two girls eat cupcakes outside Broadway-City Hall Station yesterday during the one-year anniversary party of the Canada Line.

KRISTEN THOMPSON/METRO VANCOUVER

Transit milestone

The $1.9-billion train line was built ahead of the Winter Games to connect Richmond and the Vancouver International Airport with the downtown core. Ridership is already two years ahead of forecast. Story, page 2.

Sports

NHL looks outside the box

Research and development camp to test potential rule changes ◐ No-touch icing, modified faceoffs, off-ice refs among proposals {page 15}

Olympic 'magic' on our dime

Government paid thousands to buy mascot suits {page 3}

It's not what you know, it's who you know

Fortunately, you already know them, says author of new book on networking {page 13}

Four-wheeled relationships

Mike Goetz muses about his latest auto fling {page 18}

Yellowstone's natural wonders

Wildlife and famed geysers await campers {page 10}

1 news

ScanLife

Experts warn about MP3 players after study finds spike in teen hearing loss. Scan code for story.

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2 Use the ScanLife application on your smartphone to scan 2D barcodes in Metro

3 The codes will direct your mobile browser to relevant content at m.metronews.ca

On the web at metronews.ca

Spindoctor on the goodwill earned during Michael Ignatieff's summer road trip. More at metronews.ca/blogs

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Trucker dies in Vedder rollover

A 50-year-old commercial driver was killed early yesterday morning when the truck he was driving rolled off a bridge into the Vedder Canal in Chilliwack.

The crash forced the closure of westbound traffic on Highway 1 for about eight hours.

It was the third incident involving a commercial vehicle in the Lower Mainland in 24 hours, said RCMP Insp. Ted Emanuels.

On Monday a dump truck collided with the centre median on the Trans-Canada Highway at the Capilano exit. That evening another dump truck overturned on a Highway 1 off-ramp. There were no injuries in the first incident and only minor injuries in the second.

● JENNIFER O'CALLAGHAN

RCMP PHOTO

▶ Truck crash in Chilliwack

Diamond found at gas station

A Langley resident struck gold yesterday morning at a Mohawk gas station.

While filling his tires, he fell upon a yellow-gold, solitaire diamond engagement ring which still had a price tag attached.

The ring was found on the 6200 block of 200 Street. If you know who this ring belongs to, contact Langley RCMP.

● VANESSA YEE

PETA. Nude activists

▶ PETA activist Nicole Matthews speaks with volunteer Carole Staar and her vegan dog, Saaka, on Granville and Georgia yesterday.

VANESSA YEE/FOR METRO VANCOUVER

Naked PETA women bare all for veganism

PETA activists stripped down to their skivvies and marked their naked bodies with words like "breast," "rump," "rib," and "loin," in imitation of a butcher's diagram. Virginia Fort, PETA campaigner, said the goal is to "bring attention to the fact that all animals have the same parts." By exposing her body, Fort added, she hoped to "expose others to the benefits of a humane vegan diet."

Celebrating one year of ridership

- Canada Line turned one with party outside Broadway-City Hall station
- Cupcakes handed out as free treats to visitors and transit riders

KRISTEN THOMPSON
@METRONEWS.CA

The one-year anniversary party of the Canada Line was like a reunion for city, regional and transit staff who worked on the years-long project to get the train line running.

"It's almost like a meeting of the clan," said Ken Hardie, spokesperson for TransLink, at the celebration outside the Broadway-City Hall station yesterday.

Richmond Mayor Malcolm Brodie, TransLink CEO Pat Jacobsen and members of the Vancouver Police Department helped hand out mini cupcakes to passersby.

Some even hopped on buses and gave cupcakes to riders.

Rob Howard, MLA for Richmond Centre, said the celebration — and the higher-than-expected daily ridership — validates all the hard work.

"There were a lot of questions, but it's turned into a success," he said.

"We hear story after story from people that have had their transit times cut way back. We did this for (them), to reduce congestion and greenhouse gasses."

Anniversary

During the 17 days of the Olympics, the Canada Line handled 3.88 million passengers.

- **Record-setter** The busiest day, Feb. 19, set the daily ridership record of 287,400 passengers.
- **More capacity** TransLink has budgeted to add 12 per cent more capacity to the line next year by bringing the number of trains in service to 16.
- **In operation** Currently, 14 train sets operate on an average weekday.

* Subject to change or withdrawal without notice. Some conditions and restrictions apply. Visit a branch for details.

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2010 mascots travelled on taxpayers' tab

Olympic rules say that once a Games are over, the mascots must be retired permanently

If it seemed like the 2010 Winter Olympic mascots were everywhere before the start of the Vancouver Games, it wasn't magic.

It was taxpayers' money.

The federal government spent $16,000 to buy its own set of Quatchi, Miga and Sumi costumes to dazzle crowds at more than 23 events over the year leading up to the Games.

The government also spent $4,650 to train actors to play the carefully crafted characters that were a major success of the Olympic marketing machine.

"Actors hired by the 2010 federal secretariat took part in an intensive training program hosted by (Olympic organizers) to ensure that Sumi, Miga and Quatchi would live up to a consistent standard of bringing along their magic, rain or sunshine," reads the government's 2008-2009 report into its Olympic-related activities.

The total budget for outfits, training and travel was $88,849.

The committee gave two full sets of Olympic mascot costumes to the museum of Vancouver's 2010 legacy collection, one was sent to the International Olympic Committee in Lausanne, and one went to the Olympic Hall of Fame and Museum in Calgary.

The costume for Sumi, who was officially the Paralympic Mascot, was sent to the International Paralympic Committee in Germany.

THE CANADIAN PRESS

Reasoning

The report was posted online last month, a year later than originally scheduled.

Purchase The decision to buy a set of mascot costumes was actually made to save money, the report said. Meeting the demand for mascot appearances by government departments would have cost an estimated $300,000, if the suits had to be rented from the Olympic organizing committee.

Baghdad. Bomb

▶ The mother of an injured man reacts as her son lies in hospital in Baghdad yesterday.

KARIM KADIM/THE ASSOCIATED PRESS

Iraq bomber kills 61

A suicide bomber sat for hours yesterday among hundreds of army recruits before detonating nail-packed explosives strapped to his body, killing 61 and wounding 125.

Que. court acquits Lafleur

▶ Lafleur

Quebec's highest court has acquitted hockey legend Guy Lafleur, saying there was reasonable doubt he ever intended to mislead anyone when he testified at his son's bail hearing.

Lafleur was convicted in May 2009 of giving conflicting testimony. A month later, Lafleur was handed a suspended sentence and a $100 fine. THE CANADIAN PRESS

Mother charged in murder

A South Carolina mother who claimed her children drowned when their car careened into a river was charged with murder yesterday after authorities said she confessed to suffocating the two toddlers to be free of them and faking the accident. THE ASSOCIATED PRESS

Quebec. Funding

▶ Quebec Premier Jean Charest outlines Sainte-Justine's expansion plans.

PETER RAY RAKOBOWCHUK/THE CANDIAN PRESS

Healthy millions ... for the kids

Montreal's Sainte-Justine children's hospital is getting $995 million to modernize and build new facilities, CBC News Online reports. Quebec Premier Jean Charest said yesterday the money will fund two new buildings, containing specialized units and a research centre. The Sainte-Justine University Hospital Centre is the largest mother-child centre in Canada.

Like an Xbox in your pocket?

Microsoft will use its expertise to power Windows Phone 7 line

Microsoft Corp. is bringing its video-game expertise to the Windows Phone 7 line, due this fall.

It's Microsoft's attempt to capitalize on the success of the Xbox 360 as the software maker tries to compete with Apple Inc.'s iPhone.

Microsoft says a dedicated group inside Microsoft Game Studios will develop video games for Windows phones, help outside game publishers and scout out small, independent game makers.

Video game companies will be able to use the same tools to make a game for a Windows phone or for the Xbox 360 console.

On Windows phones, Xbox live members will be able to interact with their animated avatar.

THE ASSOCIATED PRESS

The game plan

Microsoft has unveiled a lineup of games to be available when the phones go on sale.

- **Lineup** includes popular Xbox 360 console games such as Halo Waypoint, Crackdown 2: Project Sunburst and Guitar Hero 5.
- **Other newcomers** include Ilomilo, in which players unite cartoon critters separated by paths and mazes.

Turbulence ahead as pilots vote to strike

METRO NEWS SERVICES

▶ Air Transat flies to 25 countries.

Air Transat pilots have voted 97 per cent in favour of a strike if a collective agreement is not reached with management.

The pilots will be in a legal strike position at midnight on Oct. 1, the Air Line Pilots Association said yesterday.

"This vote serves as notice to the company that our pilots are united and stand firm behind our goal of achieving a fair and equitable contract," said Capt. Sylvain Aubin, chairman of the Air Transat Master Executive Council.

After more than six months of bargaining, salaries, job outsourcing and pilot fatigue remain issues, Aubin said.

He said pilots are working under a contract that has seen no adjustments to allowances, pensions or benefits and pay scales have fallen below the rate of inflation.

The pilots have been in negotiations since January.

The Air Line Pilots Association represents almost 53,000 pilots at 38 airlines in the United States and Canada.

Air Transat sells vacation packages and is the owner of numerous integrated travel-related businesses.

THE CANADIAN PRESS

PotashCorp suitors get ultimatum

The Saskatchewan government says any company that might be interested in taking over fertilizer giant PotashCorp will have to keep its home in the province.

BHP Billiton has put forward a $38.6-billion US hostile takeover bid for PotashCorp, but PotashCorp rejected the offer.

THE CANADIAN PRESS

Market moment

PRICES AS OF 5 P.M. YESTERDAY

DOLLAR	GOLD
+1.08¢ (96.81¢ US)	+$2.10 $1,228.30 US
OIL	**TSX**
+0.53¢ US ($75.77 US)	+175.88 (11,728.64)

Starbucks says coffee perking

Starbucks Corp. is optimistic for the next year even as it deals with higher coffee prices, saying it will be able to absorb the costs.

The Seattle-based coffee chain said yesterday that despite spikes in the market, "we remain confident in our ability to manage this dynamic effectively."

THE ASSOCIATED PRESS

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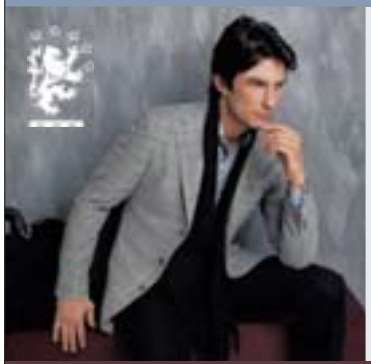

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BIG IDEAS IN THE BIG SMOKE

Just sayin'

PAUL SULLIVAN

I kinda miss Mel Lastman.

Mel wasn't afraid to think big. As mayor of Toronto, he called in the army to deal with a snowstorm. In Canada.

Before flying to Kenya to lobby for the 2008 Summer Olympics, he uttered this legendary quote: "What the hell do I want to go to a place like Mombasa? I'm sort of scared about going out there, but the wife is really nervous. I just see myself in a pot of boiling water with all these natives dancing around me."

The games subsequently went to Beijing.

A guy like Mel is hard to replace. Fortunately, there must be something special in the city water supply, because the former furniture mogul appears to have a successor.

Meet Giorgio Mammoliti, Toronto councillor and former mayoralty candidate who is not afraid to be like Mel.

His platform included a casino, a lottery and a red light district, but — amazingly — that wasn't enough to nudge him out of last place in the polls, so he withdrew to focus on retaining his seat. He did promise to try again in the future, though, so all is not lost.

"The $2.5-million entity would thrust 125 metres tall into the North York smog ... topped with a Canadian flag the size of a football field."

And his latest big idea is worthy of Mel Lastman. If council gets behind it, he'll finally come first in the poles: We're talking about North America's largest flagpole, to be located in the middle of the urban wilderness at Finch and the 400. If you've spent any time at all in Toronto, you've never been to Finch and the 400 unless you were hopelessly lost.

An odd target for urban renewal as there's nothing there to renew.

But all that will change, as Giorgio champions the, um, erection of a pole that may not challenge the CN Tower for Toronto's largest phallic symbol, but will definitely own the phallic/patriotic showoff category. The $2.5-million entity would thrust 125 metres tall into the North York smog, about the height of a 40-storey building, topped with a Canadian flag the size of a football field.

The only other poles hoisted higher than Giorgio's dream petard are in the Middle East, the two tallest in Jordan, of all places, at 130 and 126 metres respectively.

This formidable flagpole will no doubt cement Toronto's status as a world-class city and give the folks in Jordan something to worry about, but the guy who stands tall, who isn't afraid to be measured, is Giorgio Mammoliti.

Move over Mel! Finally, someone beats the Bad Boy at his own game.

Cartoon

MICHAEL DE ADDER

Redefining prime time

Worth mentioning

Time-shifting: TV's future

TORSTAR NEWS SERVICE

If you've never time-shifted a prime-time television series — watched it later on a DVR, over the Internet or ordered it on demand — you're in the minority.

A survey of viewers conducted on the eve of the new fall season quantifies what has become commonplace in millions of American homes: People are putting themselves in charge of their own TV schedule.

Sixty-two per cent of U.S. viewers interviewed in a poll conducted for that nation's largest cable company, Comcast Corp., said they have used time-shifting technology. Six in 10 people said they owned a digital video recorder.

Among the new majority is Bethany Hardy, 36, of Arlington, Va., a writer and mother of a three-year-old. She said she and her husband rarely watch live television.

"It's a generational thing," she said. "All of my friends are pretty much the same way."

Hardy said it's after 9 p.m., when the toddler has been put to bed and she's cleaned the house a little, that she has time to think about catching up on her favourite shows.

The survey found that 60 per cent of viewers report time-shifting more than they did a year ago.

THE ASSOCIATED PRESS

Are you concerned about the new superbug?

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Metro Minute with Sins of the City

Indulge in the dark side of Vancouver by taking the Sins of the City walking tour at the Vancouver Police Museum.

Learn about Vancouver's dirty little secrets on this tour where your guide will regale you with tales about bootleggers, racial and labour tensions, riots, murders, brothels and so much more.

Participants must register 24 hours in advance. Tickets are $15 for adults and $12 for students and seniors. Ticket prices also include a visit to the Police Museum on the same day. Tours are every Wednesday, Friday, and Saturday starting at 4 p.m. For more information call 604-665-3346.

VANESSA YEE

CONTRIBUTED

▶ There are lots of interesting things to see on the Sins of the City tour at the Vancouver Police Museum.

Life as an International Student in Canada

Canada is one of the most attractive countries for Chinese students to pursue their studies. Since International students are far away from their parents and friends at a very young age, they are facing many challenges, such as how to pay the tuition fees, get a cell phone connection, look for a place to live, and many more. Settling down in a new country is not easy for an international student. Moreover, for students arriving with a large amount of cash in hand, depositing that money in a Canadian bank becomes a priority, and they will find that getting debit and credit cards are really important once they arrive in Canada.

Zhewen XU, from Hangzhou, China, arrived in Toronto in July of this year to pursue her undergraduate studies at York University. "Before I came, I had no idea about Canadian banks. I searched on-line and found that the Chinese banks have limited branches in Canada. However, through the *Scotiabank StartRight*® website in Chinese, I got to know that students could open a Scotiabank account at China Everbright Bank (CEB), Scotiabank's partner in China, before leaving their home country. Students can also wire transfer their funds to their Canadian bank account in advance. This is safe and convenient, and it is definitely an advantage compared to any other Canadian bank. While I was at a local CEB branch, I remember that many other Chinese students coming to Canada were using the same service as well. It only took me an hour for the entire application including consultations; I couldn't believe how easy it was."

Upon arrival in Toronto, Zhewen went to Steeles & Silverstar Branch in Scarborough to activate her account. Jack Yan, the Personal Banking Officer, provided her with good advices on how to take care of her finances. "The branch staff are highly service oriented, and they speak Chinese, which in particular, made me feel very comfortable." The Branch Manager Isabella Ho also comments that Scotiabank has always pursued to provide appropriate and excellent services to all newcomers to Canada.

Bin LU, a student from Beijing, China, also arrived in Canada in July of this year. He is currently studying at Brock University, majoring in International Master of Accountancy. When he opened his account in China, the Account Manager at CEB Beijing Branch recommended both ***SCENE™* VISA*** credit card and ***L'earn™* VISA** credit card offered by *Scotiabank StartRight*® Program to him with no annual fee, not just for convenience, but also for the fact that he can either enjoy free movies at Cineplex Entertainment theatres or earn up to 1% *Moneyback*® rewards every year. Most importantly, he can gradually establish his credit history in Canada by using the credit card.

Like many international students, when Bin received the admission letter, he was really excited to go to a new country for studying. However, as the time to leave was approaching, this feeling of excitement was transformed to anxiety and uncertainty because this was the very first trip away from home by himself, and he knew he would be far away from home for a while. "Upon my arrival, the free calling card that was part of the *StartRight* Welcome Package was very helpful for me to call my parents in China, and tell them that I had safely arrived. Also, the free subscription to National Post helps newcomers like myself to understand and appreciate Canada's culture and lifestyle".

Both Zhewen Xu and Bin Lu are just two of over 13,000 Chinese students that come to Canada every year. After they have arrived in Canada, they have to get familiar with and adapt to many things, and they are looking for help in every aspect. "Scotiabank has partnered with many Canadian universities and student bodies to help as many as 85,000 international students coming to Canada every year to achieve a smoother transition", said Gina Li, Director of Asian markets, Multicultural Banking, "At Scotiabank, we provide financial solutions tailored to the needs of the students and are committed to helping them get settled faster and easier".

THIS ADVERTORIAL IS PREPARED BY SCOTIABANK.

Jack Yan, Personal Banking Officer at Steeles and Silverstar Branch with Scotiabank customer Zhewen Xu.

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2 scene

Quoted

"It is getting hard for people — they see Haiti, they see these other events ... and they get exhausted by the time another big one rolls around...mass death, mass displacement, and this situation is going to get worse"

ANGELINA JOLIE TALKING ABOUT HOW ITS VITAL THAT PEOPLE HELP PAKISTAN'S FLOOD VICTIMS AND NOT SURRENDER TO COMPASSION FATIGUE.

Marilyn's dress, Michael's glove: Auction-goers vie to own a piece of fave stars

Everyone says that the hardest thing to do once you make it is to not change who you are
According to Ice Cube though, it's not the the people who make it big that change but the people around them

METRO WORLD NEWS

▶ Ice Cube says he can relate to his character Kevin Carson, in his new movie the Lottery Ticket.

Ice Cube alienated by his success

NED EHRBAR
SCENE@METRONEWS.CA
METRO WORLD NEWS IN LOS ANGELES

"Who was cool with me before I made the money is going to be cool with me now" ICE CUBE

Ice Cube had no trouble relating to Kevin Carson, the young protagonist in Lottery Ticket — opening Friday — whose life turns upside down when he wins $370 million US.

"The first thing they tell you is, 'Don't change!' What you realize is you don't change that much. It's just everybody around you," he says of his rise to fame 20 years ago as a rapper with NWA. "You find yourself kind of alienated. Everybody's talking about you before you get there, and you can feel it. It's just a whole different thing."

As a successful rapper, actor, producer, writer and director, he's seen incredible success, but he's also seen the downside of it, and he cautions young artists from getting too obsessed with fame. "Everybody that wants to be successful should always be careful what you wish for," Cube says." A lot of artists and entertainers want to put the genie back in the bottle. They wish they could go back to being who they were."

But Cube himself has managed to maintain an even keel, with no desires to put that genie back. The trick, he insists, is to keep your wits about you — and to know who your friends are. "You've got to make adjustments," he says. "Who was cool with me before I made the money is going to be cool with me now. Who wasn't cool with me before I made this, I'm giving them problems all the time like I was before. You know, don't get nice on me now."

First-time directors

For Lottery Ticket, producer Ice Cube handed the reins over to first-time director Erik White, who'd made a name for himself in music videos. "We work with a lot of first-time directors. We always have, probably always will," Cube says. "We like the collaborative spirit of first-time directors. I think we do well with them."

For Cube, nurturing young artists is a major part of his company's philosophy. "There's a lot of gems in our community or in our world, he says. And he insists there were no worries about whether White could handle the pressure — and no power struggles, even though Cube was also on set as an actor for the film. NED EHRBAR

Badu fined for video striptease

Singer reportedly paid $500 US to the city of Dallas for her birthday suit romp at JFK assassination site

GETTY IMAGES

▶ Apparently, artistic expression remains an invalid plea.

A city spokesman says singer Erykah Badu has paid a $500 US fine and will serve six months of probation for stripping during a music video shoot at Dealey Plaza in Dallas, where President John F. Kennedy was fatally shot in 1963.

Badu performed a walking striptease March 13 for her Window Seat music video. The video ends with a nude Badu falling to the ground as if she has been shot.

Police in April cited her for disorderly conduct after a witness made a sworn complaint. A number of children were among the tourists and other random passers-by seen on the video.

Dallas city spokesman Frank Librio says Badu paid the fine Friday.

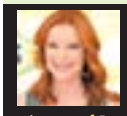
THE ASSOCIATED PRESS

Celebrity tweets

Wilmer Valderrama [@Willy-Ville] Today, something special will happen!.. I can feel it..

Katy Perry [@katyperry] I just played in what felt like a steam room in latex. I can't believe I didn't full faint... summers in Tokyo are HOOOOT!

Nathan Fillion [@Nathan-Fillion] Ever eat a bowl of cereal and you are so tired you think, "Was that milk bad?"



Marcia Cross [@Really-Marcia] In the first 15 minutes of Peter Pan, Tinkerbell looks in a mirror and thinks she is fat!!!! I was blown away. We have to be aware!

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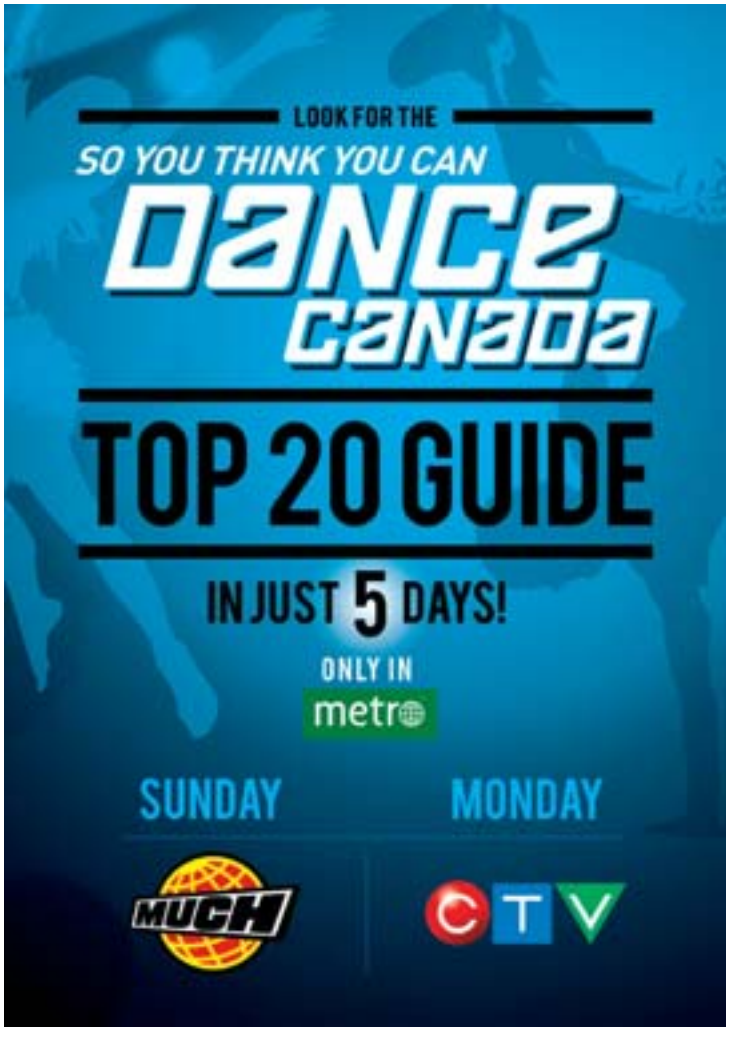

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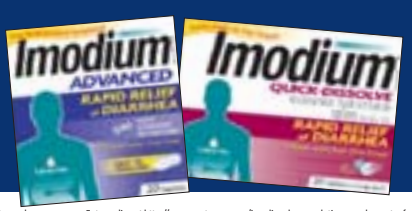

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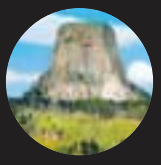
Side Trip

If you're planning a vacation in Yellowstone, consider a side trip to an unusual destination in Wyoming on your way.



DEVILS TOWER
This natural stone formation located in northeast Wyoming. It's an awesome sight, rising 264 metres from its base or 386 metres above the Belle Fourche River.
THE ASSOCIATED PRESS

Interested in New Mexican art? The Spanish colonial museum has a new exhibit showcasing its diversity.

DANIEL HARPAZ/THE ASSOCIATED PRESS

▶ The Beehive Geyser is just one of about 300 geysers and 10,000 hot springs in Yellowstone National Park.

Yellowstone's natural Wonders never cease to amaze

It's been a summer of headlines for Yellowstone, though the news has not all been good: Three people were mauled (one fatally) by a grizzly at a campground near the park, authorities briefly staged a manhunt for fugitives in the area, and a buffalo charged a tourist earlier in the summer, flipping her.

But there has also been a major piece of good news, which has underscored the very reason for the park's existence: There were more visitors to Yellowstone in July — 957,000 — than in any month in its history.

The recession has undoubtedly contributed to vacationers choosing the park as a destination; attendance records were set last summer too. But the high numbers of visitors are also a testament to the park's enduring appeal. And it's not just Old Faithful that keeps people coming back, generation after generation. In addition to being home to 75 per cent of the earth's geysers, Yellowstone is also a wonderful place to view wildlife. With mating season for buffalo taking place in August, followed by mating season for elk in September, late summer is an ideal time for a trip.

For some wolf-watching is a prime objective of our visit to Yellowstone. But there are no guarantees that you will see the elusive animals. There are only about 100 wolves living in the park's 9,065 square kilometres, according to park spokesman Al Nash. They're small, they blend in to the landscape, they can quickly change position, and they will not go near people.

In contrast, bison were easy to find. They're slow-moving, they don't mind congregating near busy roadways and other tourist-heavy areas.
THE ASSOCIATED PRESS

An out-of-this world experience

While wildlife-watching was our No. 1 reason for visiting Yellowstone, the park's other-worldly landscapes turned out to be just as fascinating. Yellowstone has about 300 geysers and 10,000 hot springs, bubbling mud pots and steam vents, constituting more thermal features than are found anywhere else in the world.

A hike through the Norris Geyser Basin was a great introduction to this landscape. It felt like a walk on another planet, or a set for a movie about a prehistoric era. White steam rose over the dark green pine trees, and the ground was potholed with bubbling cauldrons and boiling fountains.

Naturally you must be cautious around the geysers — the scalding water can burn or even kill you. Geyser eruptions can vary from every few minutes to every few days to once every 50 years, and part of what made the walk through Norris Basin so spooky was the unpredictability.

Of course a visit to Old Faithful is mandatory. It erupts to a height of more than 30 metres every 66 to 80 minutes.
THE ASSOCIATED PRESS

Trip tips

- **The park borders** on Wyoming, Idaho and Montana, with five entrances and a series of interior loop roads providing easy access to major features like Old Faithful, Lamar Valley, Yellowstone Lake, the Grand Canyon and Norris Geyser Basin. Admission is $25 per car. nps.gov/yell/

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Motorcycling in the Maritimes

GLENN ADAMS/THE ASSOCIATED PRESS

▶ A view of the road during a motorcycle tour along the Cabot Trail in Cape Breton, N.S.

Riding around North America three decades ago on a motorcycle might have resulted in hostility that might resemble the 1969 movie Easy Rider, where the bikers were physically attacked by locals, but things have changed since then.

As the years have passed and the number of two-wheeled travellers has blossomed into a new market, there's a new attitude out there toward two-wheeled tourers.

Innkeepers are glad to see the motorcycle business, said Monika Frick, owner of a bed-and-breakfast in the charming St. Andrews, where seven-metre Bay of Fundy tides ebb and flow against New Brunswick's shore. Thousands of bikers converged on the town for this summer's Atlanticade motorcycle festival, filling virtually every room.

"I liked it a lot," said Frick, a former rider herself. "My B&B is always open to bikers and I always take my car out of the carport for bikers."

There's really no comparison between riding in a car and on two wheels, especially on roads the Maritimes offer. On a motorcycle, you're not in a metal box just passing through, but rather part of the outdoor scene, where the sights have a more panoramic impact and sounds clearer and smells cleaner.

In Nova Scotia, Cape Breton's celebrated Cabot Trail has long been a major draw for serious motorcyclists. The winding road cuts through forested mountainsides, hugs seaside cliffs and overlooks deep river gorges, offering riders one breathtaking view after another.

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▶ Chocolate Pistachio Cake

Avocados can be for desserts too

Here is a decadent cake to try at home that incorporates fresh avocados.

Chocolate Pistachio Cake

- 170 (6 oz) pistachios, shelled
- 250 ml (1 cup) sugar, divided
- 190 g (7 oz) bittersweet chocolate, finely chopped in food processor
- 170 (6 oz) unsalted butter, cut into 2.5-cm (1-inch) pieces
- 15 ml (1 tbsp) flour
- 4 eggs, separated
- 2 ripe fresh avocados, peeled, seeded and diced
- 5 ml (1 tsp) vanilla extract
- 0.5 ml (1/8 tsp) cream of tartar
- Powdered sugar
- Creme Anglaise

Method

- Preheat oven to 150 C (300 F). On a baking sheet, arrange pistachios and place in oven for about 15 minutes to toast nuts until they are dry and aromatic. Stir pistachios occasionally; let cool. Grind nuts in food processor with 50 ml (1/4 cup) sugar and the flour, pulsing on/off, until the consistency of fine meal.
- Increase heat to 180 C (350 F). Butter a 20-cm (8-inch) springform pan, line with parchment paper, then turn paper over.
- In a microwave-safe bowl, combine chocolate and butter and microwave on medium power for 2 1/2 minutes. Stir until smooth.
- In the bowl of an electric mixer on medium speed, beat egg yolks with the whisk attachment. Gradually add 125 ml (1/2 cup) of the sugar and continue beating until yolks are thick. Add avocados, increase speed and beat until smooth. Reduce speed to low and gradually stir in vanilla, chocolate and nut mixtures.
- In a medium bowl, beat egg whites with cream of tartar on medium speed until peaks form. Add 50 ml (1/4 cup) sugar, 15 ml (1 tbsp) at a time, and continue beating until stiff. Fold beaten whites into yolk mixture (yolk mixture will be very thick). Fold yolk mixture back into remaining whites. Pour into pan. Tap pan on work surface and smooth top with a spatula to level. Bake for about 40 minutes or until a toothpick comes out almost clean. Allow cake to cool in pan.
- Remove sides of springform pan and, using a long spatula, slide the cake off the paper onto the serving plate. Ladle Creme Anglaise into the centre of each dessert plate, place a wedge of cake in the centre of the plate and serve immediately. THE ASSOCIATED PRESS

Chefs embrace avocado ideas

It appears that guacamole, a zesty dip made of avocados, may be a little passe now that chefs have found other ways to use this buttery fruit

"In many pastries you may have cream, cream cheese or ricotta and that's why I think avocados can be used in desserts because of their creamy richness," says Susan Feniger, chef and co-owner of a string of Mexican restaurants in southern California with her partner, chef Mary Sue Milliken.

Feniger says that avocados used in place of dairy products appeal to vegans as well.

"Sometimes you may be making tomato soup and you use avocado instead of cream. That would certainly appeal to a vegan palate."

Avocados are native to the tropics and subtropics and are regarded for their lush, buttery texture and nut-like flavour.

Known earlier on as alligator pear, the many varieties range from round to pear-shaped. The skin can be thick and green to purplish-black and smooth to corrugated.

Feniger says that she has created a dessert recipe using mangoes, grapefruit and avocado with yogurt or sour cream, honey and lime, which is "sensational."

"You have this richness of avocado and with the natural sweetness of the fruit, the acidity and the sour cream or yogurt, it's a great combination."

Feniger says that like cream, avocados have calories, "but they are also loaded with great nutrients that are so good for you.

"It's the good fat and good cholesterol, not the bad," she says. "You can use avocados in small amounts to enrich a dish and even if you add one to a salad you don't need as much oil."

Feniger also uses avocados in mixed cocktails.

"We did an avocado margarita at one of the restaurants. It adds body and texture to a mixed drink," she says. "I could imagine taking avocados and using them pureed and thinning them with lime juice, making it more like a pina colada — and a healthy one at that."

THE ASSOCIATED PRESS

AMANDA GOVAERT (FLICKR: AMANDA GOVAERT)

▶ Avocados for sale at a market.

Health facts

Avocados are high in vitamins and minerals and good source of healthy fat. Here are some nutritional facts on avocados:

- One-fifth of a medium 30-g (1-oz) avocado has 50 calories and contributes nearly 20 vitamins and minerals.
- Avocados contain good fats, providing 3 g monounsaturated fat and 0.5 g polyunsaturated fat per 30-g (1-oz) serving.
- They act as a "nutrient booster" by enabling the body to absorb more fat-soluble nutrients, such as alpha- and beta-carotene as well as lutein, from foods that are eaten with the fruit.
- Lutein has been shown to be concentrated in the macula of the eye, and research suggests that it might help maintain healthy eyesight as we age.

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New approach to networking

Use who you know to help get ahead The Power of Who aims to change how you network

We're told that getting a job isn't about what you know, but who you know. Networking is crucial when job hunting, or so we thought. But one man is challenging that belief, saying the only networking you need to do is with friends you already have.

Bob Beaudine, President and CEO of Eastman & Beaudine, and a top executive recruiter in sports and entertainment, discusses this new approach to networking in his book, The Power of Who: You Already Know Everyone You Need to Know.

"I wrote the book because I want to help, and to do that we first need to change the way we network," says Beaudine. "Networking is the greatest thing in the world, just not the way we do it."

The Power of Who is all about finding your "who" and using them to get to the next step.

Everyone has a "who": List everyone you know, and then narrow the list down to those you consider friends.

Out of 5,265 people he knows, Beaudine only considers 87 part of his "who."

"Identify your who, decide what you want, and connect," he says. "Have your friends help you connect. This is already in place for us and doesn't cost anything."

Sounds too simple? It is. "Sometimes the most profound ideas are the simplest," says Beaudine.

"We've left all the people who know us, like us, and are rooting for us, and instead network with people who don't know anything about us."

When consulting your "who," know which ones to ask for help, and be clear. Your friends can't help if you don't tell them what you want.

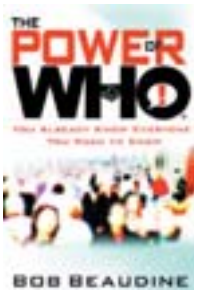
And in this tough job market, your "who" might be just what you needed. "How many people do you need to get your dream job?" says Beaudine. "One, and that's hope." METRO

▶ The Power of Who is all about finding your "who" and using them to get to the next step.

Power tips

Beaudine's four tips for networking.

1. Do I know you? References, endorsements and testimonials are your greatest allies when applying for jobs. A recommendation from a friend reveals more about your character and work ethic than someone who barely knows you personally, such as a previous boss.
2. Do I like you? Can you really build a relationship with someone in a few minutes? If your interviewer has heard about you from a mutual friend, they'll feel like they know you better right away.
3. Can I trust that you understand my needs? Do your homework on the interviewer. Know what they need and prepare for answers that show you can fill their needs. A friend's recommendation can prove you're trustworthy.
4. Are you the best for me in my particular situation? Show passion for the job and your work. People want to work with those they can become friends. If your interviewer knows a friend that describes your personality and love of your field, they'll be more comfortable hiring you. METRO



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Finding balance is key to helping with homework

Study suggests that asking a parent for help can improve a student's academic performance

A new school year is fast approaching and for many families, homework will once again become a nightly activity. Making homework a positive and productive experience is something that every parent aims for.

According to a recent survey conducted by Ipsos-Reid for Kumon Math and Reading Centres, if parents take the time to teach their child to proactively ask for homework support, it can help them improve academic performance and enjoy a more rewarding homework experience.

According to responses from more than 1,200 Canadian parents, more than half of the children who actively engage their parents in homework support perform at an average to above average level at school. Also, children who engage their parents in the homework process enjoy more dynamic support. From monitoring homework progress (75 per cent) to discussing the assignment (75 per cent), these children turn what can be a source of stress into an interactive, two-way dialogue about learning.

Demonstrating an interest in your child's homework and offering support is not the same thing as completing assignments for your child. Here are some key tips on finding that balance, from Kumon Math and Reading Centres:

▶ Demonstrating an interest in your child's homework and offering support is not the same thing as completing assignments for them.

- Know the school's homework policy. Ask about the kinds of assignments students are expected to complete, the anticipated length of time it takes to complete assignments, and expectations for parent involvement.
- Establish a routine for homework completion. This means determining a regular time each day in a distraction-free environment with all of the tools and resources at hand.
- Reinforce good study habits at home. Help your child to structure his or her time before assignments are due. Discuss the steps that are required and map it out with respect to the amount of time it will take.

Helpful tip

Check that your child's assignment is complete before it is submitted, and review the feedback provided by the teacher once it has been returned.

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Outside-the-box thinking on display

NHL exec Shanahan curious to see research and development camp

It promises to be the kind of scene a hockey nut can't help but marvel at.

With a series of revamped rules and an altered ice sheet that has just one faceoff dot in each zone, the NHL's research and development camp will feature plenty of outside-the-box thinking.

It plays out over four sessions at the Toronto Maple Leafs practice facility today and tomorrow, with 33 top-rated junior players being put through their paces by veteran coaches Ken Hitchcock and Dave King. The stands will be full of general managers and executives carefully watching everything unfold.

"Like most people, I'm curious," Brendan Shanahan, the NHL's vice-president of hockey and business affairs, said yesterday. "I'm curious to see a lot of these things play out. I know as a player, it would be fun to play with these new challenges and new rules and new ideas."

Shanahan was tasked with bringing the camp together — an assignment that came directly from NHL commissioner Gary Bettman.

It's the first major project he's undertaken since stepping into his job with the league in December.

However, it's not entirely new ground, because of the "Shanahan Summit" he famously organized in December 2004.

Many of the changes that opened up the game following the lockout had their roots in that gathering, when Shanahan footed the bill for key stakeholders to gather in Toronto and discuss what needed to be done to fix a sport the veteran forward viewed as "broken."

There's a completely different atmosphere around this event.

The NHL's goal now is to be proactive and avoid letting the on-ice product slip again in the future.

THE CANADIAN PRESS

Changes coming?

The following are among the suggestions that will be looked at during the NHL's research and development camp.

- Having three faceoff dots, one in each zone, down the centre of the rink.
- Using a variation of the faceoff, where a whistle starts play rather than the traditional puck drop.
- Trying both no-touch icing and a hybrid icing rule, where referees can blow the play dead prior to the defending player touching the puck.
- Having the second referee located off the playing surface.
- Not allowing a team to change lines after it commits an offside.

NICK DIDLICK/GETTY IMAGES

▶ Colorado's Matt Duchene faces off against Ryan Kesler, right, of the Vancouver Canucks last season. The NHL is set to review suggestions that could change faceoffs in the league.

Sports in brief

Top seed loses at Rogers Cup

TENNIS. Top seed Jelena Jankovic of Serbia did not make it out of her first match at the Rogers Cup, losing to qualifier Iveta Benesova of the Czech Republic 7-6 (3), 6-3 on centre court last night at Uniprix Stadium.

Mets stop paying K-Rod

MLB. The New York Mets are withholding injured closer Francisco Rodriguez's salary while he's sidelined.

Rodriguez was placed on the disqualified list yesterday, six days after he tore a ligament while punching his girlfriend's father outside a family lounge at Citi Field.

Canada adds to medal count

GAMES. Lauren Earp of Toronto won Canada's third swimming medal at the inaugural Youth Olympic Games yesterday, finishing third in the women's 100-metre freestyle in comeback style.

Oswalt lifts Phils to big win

MLB. Roy Oswalt pitched seven sharp innings, Placido Polanco had four hits and the Philadelphia Phillies beat the San Francisco Giants 9-3 last night.

The Phillies took a one-game lead over San Francisco in the NL wild-card race.

METRO NEWS SERVICES

He's back: Favre up to his old tricks again

Brett Favre is back in the building.

The 40-year-old quarterback returned to Minnesota yesterday, arriving in a private jet trimmed in the Vikings' purple and gold with three teammates who were sent to Hattiesburg, Miss., to bring him back for one more shot at a Super Bowl.

This time around, Favre got a ride to Vikings headquarters from kicker and close friend Ryan Longwell — last year, when he joined Minnesota, head coach Brad Childress was at the wheel. Longwell's black SUV was followed by three helicopters from local television stations and pulled into Vikings headquarters as dozens of fans cheered and photographers snapped pictures.

BRENDAN SULLIVAN/THE ASSOCIATED PRESS

▶ Vikings fans wait outside the club's facility in Eden Prairie, Minn., for QB Brett Favre to arrive yesterday.

Favre's website posted a message earlier saying "stay tuned for breaking news from the Minnesota Vikings today on Brett Favre's possible return."

Presumably, Favre did not make the trip just to tell the Vikings he was retiring, but the team still had not given an official confirmation that the star quarterback will play this year.

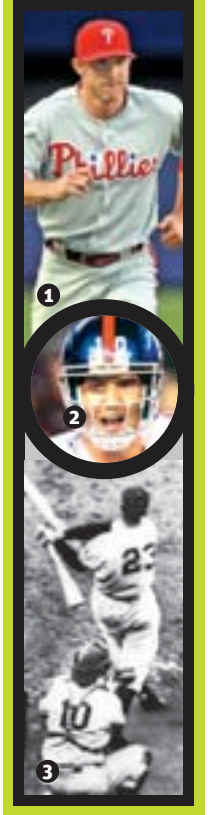
He is, however, under contract — the second season in a two-year deal worth $25 million US.

The Vikings issued a media schedule for today, announcing that coach Brad Childress will hold his regular news conference following practice.

THE ASSOCIATED PRESS

4 sports

Sports in brief



1. Phillies activate all-star 2B Chase Utley from DL.
2. New York Giants not certain if Eli Manning will be able to play on Saturday.
3. Famed home run hitter Bobby Thomson dies at age 86.

Scan code for news

CURTIS COMPTON/THE ASSOCIATED PRESS

▶ Deck McGuire

Youth rolls in

Deck McGuire knows the basics about the Toronto Blue Jays, and he's down with the program.

The six-foot-six right-hander chosen 11th overall became the latest piece of the organization's youth movement when he agreed to a $2-million US deal about a minute before Monday's midnight deadline for signing 2010 draft picks.

The mad scramble across the finish line capped two-plus months of consternation over whether or not the Georgia Tech product would sign or not. With that behind him, he's ready to go.

"I know they're a pretty young organization, a lot of guys are getting ready to come up through the ranks," McGuire said on a conference call yesterday.

"It's exciting to be part of that growth, and I hope I can help out."

McGuire's deal was part of a bold spending spree on draft picks more lavish than any other in franchise history. All told, the Blue Jays spent $5.4 million Monday as part of what general manager Alex Anthopoulos believes is a club record splurge on the draft. THE CANADIAN PRESS

LeBron shares his harsh opinion of Cavs owner

Talks to GQ Magazine about how Cavs owner 'never cared'

Adding a new layer to the rift between LeBron James and Dan Gilbert, the NBA's two-time reigning MVP and new Miami Heat forward has told GQ magazine that he isn't sure the Cleveland Cavaliers owner "ever cared" about him during their time together.

In an article released yesterday, James spoke of how widespread criticism of his decision — and how he chose to make it a television event — is fuelling him this off-season, plus reiterated how Ohio will always remain his home.

But perhaps his sharpest words were reserved for Gilbert, the owner who lashed out at him shortly after James announced that he would be joining the Heat.

"I don't think he ever cared about LeBron," James is quoted as saying. "My mother always told me: 'You will see the light of people when they hit adversity. You'll get a good sense of their character.' Me and my family have seen the character of that man."

Gilbert did not immediately respond to a request for comment.

James made similar remarks on the night Miami signed him to a six-year contract, doing so while sitting alongside the other two legs of the Heat superstar triangle, Dwyane Wade and Chris Bosh.

Gilbert was clearly scorned by James' choice, firing off a now-infamous letter to Cleveland fans describing it all as "a shameful display of selfishness and betrayal." He called James "narcissistic" and "self-promotional" and vowed the Cavaliers would win a title before "the self-titled former king."

Further, in an interview the same night with The Associated Press, Gilbert said he felt James quit on Cleveland during the 2009 and 2010 playoffs. Gilbert was ultimately fined $100,000 US by the NBA for what commissioner David Stern said were comments that were "a little extreme." THE ASSOCIATED PRESS

STEPHEN CHERNIN/THE ASSOCIATED PRESS

▶ LeBron James attends a scrimmage by the U.S. national basketball team last week.

Candid king

Also from the GQ article:

▶ **On "The Decision"** James said he wouldn't change any part of the made-for-TV event. The hour-long show made $2.5 million for Boys & Girls Clubs. "When I found out I had an opportunity to do that for those kids, it was a no-brainer," James said.

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SUBMITTED PHOTO

▶ The compact 2010 Suzuki SX4 resembles a mini sport utility with its squarish rear end and optional roof rails.

SX4 hatchback winner all the way

Suzuki hatch a step up from the bland sedan version ◐ All-wheel drive, options galore make this 2010 model a great value for your money

NEIL MOORE
DRIVE@METRONEWS.CA

With a few exceptions, I've always liked hatchbacks.

More practical than their compact and subcompact sedan siblings, these vehicles offer wagon/CUV practicality, but with better fuel economy and in a more svelte package.

Hatchbacks, in my mind, usually win on looks as well. Compare the Impreza sedan with the five-door version, the Corolla with the Matrix, and the Yaris sedan with the hatch. I prefer the latter in all cases — especially the Yaris.

So too with the 2010 Suzuki SX4 Hatchback.

A step up from the bland sedan, this funky little five-door, with its trucky lines, optional roof rails and pronounced wheel arches looks like a mini SUV.

And with optional 16- and 17-inch alloy wheels pushed to the four corners, very short rear overhangs and relatively wide track, the SX4 has a firmly planted look.

That aside, there are plenty of reasons to consider Suzuki's SX4, not the least being its availability of all-wheel-drive.

Another reason is value. A reasonably well-equipped FWD base model (with six-speed manual) begins at $17,695.

This gets you keyless entry; power windows and doors; air conditioning; four-speaker, satellite-ready AM/FM/CD/MP3/WMA sound system; rear window wiper/washer; six airbags, ABS with brake assist and electronic brake-force distribution, and more.

This little hatch is no off-roader, but for cottage roads or slippery conditions, a rocker switch between the front seats can toggle from 2WD (front drive) to Auto, which sends power to the rear when needed, or even Lock, which sends constant torque to both axles up to 60 km/h.

The specs

2010 SUZUKI SX4

- **VEHICLE TYPE** Compact five-door hatchback
- **PRICE** from $17,695
- **ENGINE** 2.4-litre DOHC, 16-valve four-cylinder (150 hp; 140 lb/ft of torque)
- **FUEL ECONOMY** 8.9/6.9 L/100 km (31/41 mpg) (city/highway)

5 drive

In brief

One of the largest solar power generation systems in Michigan will be built at Ford's assembly plant in Wayne, helping to power production of small cars and recharge electric vehicles.
FROM CARGUIDE

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LONG MAY YOU RUN AND ALL THAT

I recently parted company with a car, a certain 1993 Mercedes-Benz 190 2.6. I didn't have this one all that long, about two and a half years. And as far as car relationships go, this wasn't one of the "big" ones in my life. But still ...

As I collected our things from the glove box, the trunk, and various cubby holes and cervices, and sat in the car for the last time, just before I was to hand over the keys to the new owner, I wasn't ready to start balling like a five-year old, but I wasn't completely detached from the moment either.

A little pang in the stomach, a little regret that I would never roll down the highway again, with its M-B star hood emblem leading the way and my elbow out the window. I always seemed to drive that way, because the bottom of the window frame was at the right height — a perfect armrest — and because the air conditioning never worked, from day one.

Air conditioning was always a fair way down on its "need to get fixed" priority list and never had a real chance to move up. Keeping it in its place were other various recurring ailments, which got the better of me, and our bank account.

I always had a "thing" for these well-engineered "baby" Mercedes models — timeless styling, smooth and torque-laden inline six, Autobahn-approved handling.

And we shared some good times.

I once interviewed Dr. Werner Breitschwerdt, the chief designer of the car, former CEO of Mercedes-Benz, and current inductee in the European Automotive Hall of Fame. After our talk he came out to the parking lot and game me a personal engineering tour of my own car.

▶ Mike Goetz remembers the fun times with his now-departed 1993 Mercedes Benz.

Another highlight was getting stuck on Sauble Beach in Ontario. Some friendly beach volleyball guys, volunteered to pull me out of the sand and water with their 4x4, but only if I personally attached the chain to something structural — they were towing people out all day, and were tired of tearing off bumpers. I basically had to dig myself under the car, to get the chain around a cross member. But it worked. So I got a little muddy (see photo).

At any rate, she's down the road now. I see now that I was just a temporary custodian.

I'll end this column, and my salute to this particular Mercedes-Benz 190, with a line from a Neil Young song.

The line is also the title of the song, an elegy to Young's first car, a 1948 Buick Roadmaster hearse … Long May You Run.

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Das Auto.

Model shown with optional features. *Limited time financing offer available on approved credit through Volkswagen Finance. 0.9% APR financing pertains to finance terms up to 48 months only on 2005 to 2009 M.Y. certified pre-owned Jetta. Rates start at 2.9% for up to 60 months for other models. Financing example: $15,000 financed at 0.9% for 48 months, monthly payment is $318.28, cost of borrowing is $277.24 for a total obligation of $15,277.24. Or $15,000 financed at 2.9% for 60 months, monthly payment is $268.86, cost of borrowing is $1,131.86 for a total obligation of $16,131.86. Dealer may sell for less. Down payment may be required. PPSA, license, insurance, registration, options, any dealer or other charges and applicable taxes are extra. Offer ends September 30, 2010 and is subject to change or cancellation without notice. **Up to $500 rebate for recent college or university graduates. Certain conditions apply. †2-year/40,000 km (whichever comes first) limited warranty. See dealers for additional details about this warranty. ††2-year, 24-hour roadside assistance provided by Sykes Assistance Services Corporation. ‡IntelliChoice.com, October 2009 review of 32 manufacturer programs. See www.intellichoice.com for additional details, explanation of results and program updates. Based on U.S. Program analysis. Visit vw.ca or your Volkswagen dealer for details. "Volkswagen", the Volkswagen logo and "Jetta" are registered trademarks of Volkswagen AG. "Das Auto & Design" is a trademark of Volkswagen AG. "CarProof" is a registered trademark of 3823202 Canada Inc. o/a LienQuest.com. © 2010 Volkswagen Canada.

Putting brakes on gas

Mazda's braking technology helps improve fuel economy ◗ System available in Mazda2

DRIVING FORCE

JIL McINTOSH
DRIVE@METRONEWS.CA

▶ The all-new 2011 Mazda2.

Improvements in vehicle fuel economy seldom make giant strides. Instead, manufacturers use numerous technologies that, individually, make only minor changes in the consumption figures. Add them all together, though, and they can make quite a difference at the gas pump.

That's the idea behind the brakes on the all-new 2011 Mazda2, which save a fractional amount of fuel that then adds up alongside other improvements throughout the car.

Although they don't look any different from those on other vehicles, there is a tiny gap between the Mazda2's brake rotors — the metal discs that sit behind each wheel, and which turn with them when you're driving — and the metallic brake pads that are squeezed against them when you hit the brake pedal, which brings the car to a stop.

Normally, the pads always rest lightly against the rotor, which requires energy to overcome the drag.

"Brake pedal feel is very important to us, so we had to do this without making the brake pedal feel soggy."
MAZDA'S RUBEN ARCHILLA

The new Mazda system eliminates the contact between pad and rotor.

"The basic concept was to reduce the frictional losses that are attributable to the drag between the rotor and the brake pads when you're driving," says Ruben Archilla, group manager of advanced engineering and program promotion for Mazda North American operations.

"On the Mazda2, we were able to reduce the amount of drag from the brakes by about 50 per cent."

The brake pads are held in a caliper, a metal bracket containing a small piston that squeezes the pads against the rotor. Mazda's engineers revised the shape and structure of the piston seal, so that when the driver takes his foot off the brake pedal, the pads pull away further from the brake rotor.

In effect, the pads "float" above the spinning rotor, without touching it.

▶ The 2011 Ford Explorer is 85 per cent recyclable.

Ford Explorer steps into green territory

The all-new Ford Explorer is more than just the new fuel economy class leader in the midsize SUV segment.

The reinvented Explorer, which arrives later this year, also sets a new benchmark for sustainability in the SUV segment due to an increased use of renewable and recycled content, such as parts made from steel left over from F-150 production.

The new Explorer also leverages Ford's industry-leading use of bio foam and recycled fabric in its interior. These and other eco-improvements help make Explorer 85 percent recyclable.

Ford is minimizing waste by making Explorer's noise-dampening fender baffles, which fit between the vehicle's outer shell and its inner structure, from steel left over after stamping the door openings out of F-150 body sides.

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0% PURCHASE FINANCING FOR 60 MONTHS
GT model shown, from $25,390
2010 MAZDA 3 SPORT
Finance From $143 bi-weekly for 60 mths
Cash Purchase Price From $16,390
On Finance Price From $18,470. Includes freight & PDI. Taxes extra.
0% PURCHASE FINANCING FOR 72 MONTHS
GT model shown, from $25,890
2010 MAZDA 5
Finance From $143 bi-weekly for 72 mths
Cash Purchase Price From $18,990
On Finance Price From $22,170. Includes freight & PDI. Taxes extra.
0% PURCHASE FINANCING FOR 72 MONTHS
GT-V6 model shown, from $38,390
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Finance From $161 bi-weekly for 72 mths
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The RAV4 revolution

Beloved Toyota model popularized the small crossover SUV trend
All-season confidence RAV4 highlight

SECOND GEAR

JUSTIN PRITCHARD
DRIVE@METRONEWS.CA

More Canadians than ever are gravitating towards the crossover SUV for its blend of year-round utility, flexibility and driving confidence.

Now occupied by players from around the globe, the small crossover scene was virtually kickstarted back in the nineties by one machine: the Toyota RAV4. Turns out that someone's idea of a compact, efficient and car-like 4x4 turned out to be a very, very good one.

The last-generation RAV4 was available from 2001 to 2005 model years. All models got four cylinder power from either a two-litre, 148-horsepower or 2.4 litre, 161-horsepower unit — and both manual and automatic transmissions were available.

The specs

- **MODEL** 2001-05 Toyota RAV4
- **VEHICLE TYPE** Crossover SUV
- **APPROXIMATE USED PRICE RANGE** $6,000 to $16,000

What Owners Like

Most RAV4 owners say they love the ease with which their machines handle manoeuvering and parking duties in day to day life. Good visibility, handling and mileage are also reported. The relatively spacious and flexible interior, all-season confidence and ground clearance are highly-rated, too.

▶ Good handling and mileage are some of the Toyota RAV4 features liked by owners.

What Owners Hate

Many RAV4 owners wish for more power, often reporting wimpy performance and noisy full-throttle operation. Limited rear-seat space, and a rougher-than-expected ride on some models have also been reported.

Common issues

On a test-drive, pay attention to the shift quality of the RAV4's automatic transmission, if so equipped.

If shifts are harsh, clunky, strange or sporadic, chances are a reprogramming of the transmission's computer control module will fix the problem. These issues may cause a check-engine light to illuminate, too.

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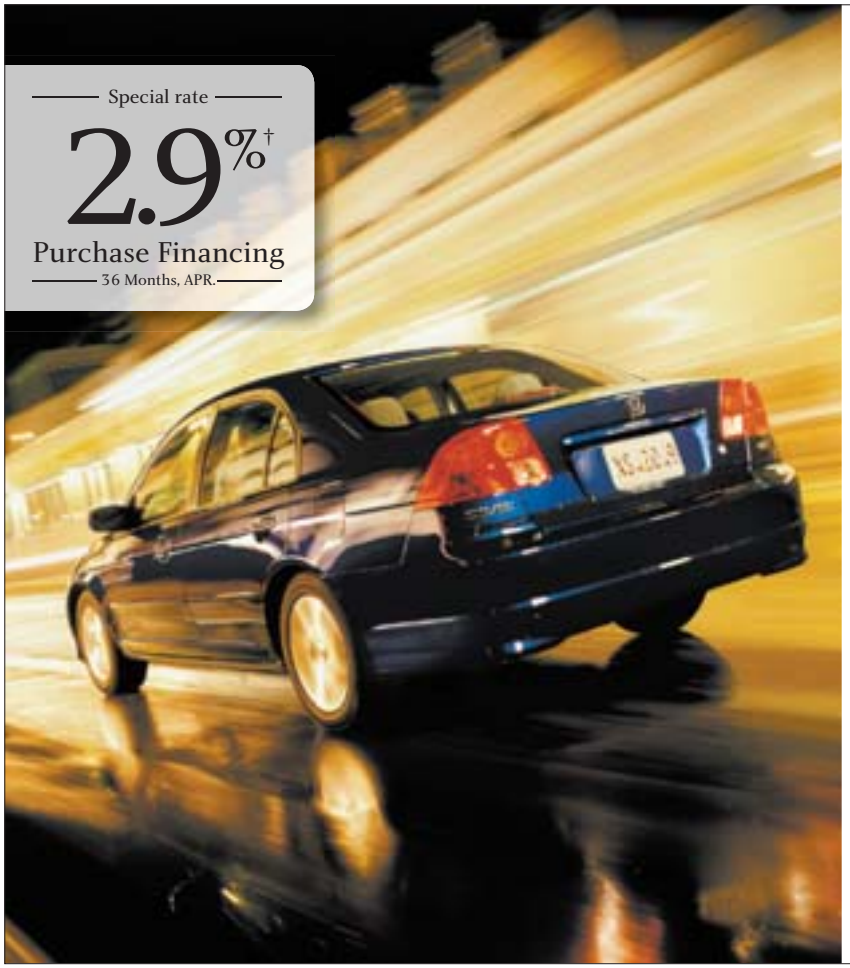

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CANADA'S **hottest** model event

2010 Dodge Grand Caravan SXT shown.§

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2010 Dodge Journey SXT shown.§

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2010 Jeep Patriot Limited shown.§

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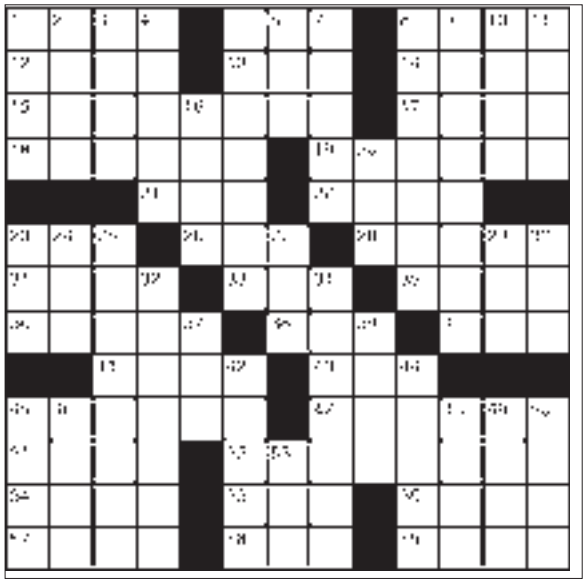
SIRIUS SATELLITE RADIO

Wise customers read the fine print: • ˆ † ± § Canada's Hottest Model Event offers apply to retail deliveries of selected new and unused models purchased between July 21, 2010 and August 3, 2010 from participating dealers. Dealer order/trade may be necessary. Offers subject to change and may be extended without notice. See participating dealer for complete details and conditions. •$21,480 Purchase Price applies to 2010 Dodge Grand Caravan Canada Value Package (24F+C19) only and includes $6,500 Consumer Cash Discount. $19,980 Purchase Price applies to 2010 Dodge Journey SE (22F+C1E) only and includes $3,000 Consumer Cash Discount. $14,980 Purchase Price applies to 2010 Jeep Patriot Sport (25D) only and includes $1,250 Consumer Cash Discount. Pricing includes freight ($1,400) and excludes licence, insurance, registration, any dealer administration fees and other applicable taxes. Dealer order/trade may be necessary. Dealers may sell for less. See participating dealer for complete details. *Consumer Cash Discounts are offered on most new 2009/2010 vehicles and are manufacturer-to-dealer incentives, which are deducted from the negotiated price before taxes. Amounts vary by vehicle. See your dealer for complete details. †0% purchase financing for 36 months available to qualified customers on approved credit through Royal Bank of Canada, Scotiabank, TD Financing Services and GMAC on most 2010 Chrysler, Jeep, Dodge and Ram models, except Challenger, Caliber Canada Value Package and SE Plus, Grand Caravan Cargo Van, Sprinter and Ram Chassis Cab. Examples: 2010 Dodge Grand Caravan Canada Value Package (24F+C19)/2010 Dodge Journey SE (22F+C1E)/2010 Jeep Patriot (25D) with a Purchase Price of $21,480/$19,980/$14,980 financed at 0% for 36 months equals monthly payments of $596.66/$555.00/$416.11; cost of borrowing of $0 and a total obligation of $21,480/$19,980/$14,980. Pricing includes freight ($1,400) and excludes licence, insurance, registration, any dealer administration fees and other applicable taxes. Dealer order/trade may be necessary. Dealers may sell for less. ±Variable Prime Rate financing up to 84 months is offered on approved credit on most new 2010 vehicles to qualified retail customers through TD Financing Services and Royal Bank of Canada. Bi-weekly payments shown are based on 84 month terms. Variable rate shown is based on TD and RBC Prime Rate and fluctuates accordingly. Payments and financing term may increase or decrease with rate fluctuations. RBC offer is not open to residents of Quebec. TD offer is not open to residents of New Brunswick, Newfoundland and Labrador, Yukon, Nunavut and Northwest Territories. Some conditions apply. See participating dealer for complete details. §2010 Dodge Grand Caravan SXT shown. Price including applicable Consumer Cash Discount $27,695. 2010 Dodge Journey SXT shown. Price including applicable Consumer Cash Discount $25,945. 2010 Jeep Patriot Limited shown. Price including applicable Consumer Cash Discount $25,195. Pricing includes freight ($1,400) and excludes licence, insurance, registration, any dealer administration fees and other applicable taxes. Dealer order/trade may be necessary. Dealers may sell for less. ^Based on January through December 2009 R.L. Polk sales total registrations. SIRIUS and the dog are registered trademarks of SIRIUS Satellite Radio Inc. Jeep is a registered trademark of Chrysler Group LLC.

Crossword



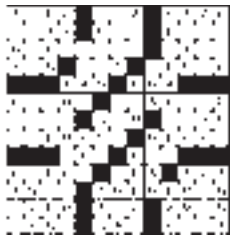
Across

1 Masters activity
5 — Moines
8 Sapporo sashes
12 Actor Sharif
13 "Yecch!"
14 Relinquish
15 Too young
17 Acknowledge
18 Handgun
19 Portabello alternatives
21 Anat. or biol.
22 Twosome
23 — de deux
26 $ dispenser
28 Skill
31 Ignore
33 Sweet potato
35 Malaria symptom
36 Below (Pref.)
38 Burst
40 Work unit
41 Enamored (of)
43 Scot's chapeau
45 Whirl
47 The hot wings were too much for him
51 Fork option
52 Insurance
54 Desire
55 Praise in verse
56 Pickle flavor
57 Existed
58 Football meas.
59 Pastoral work

Down

1 Rise
2 All (Pref.)
3 Young fellows
4 Worries
5 Two-sidedness
6 Early bird?
7 A Stooge
8 Sweet potato
9 Drink
10 "American —"
11 Stitches
16 Cabo da —, Portugal
20 Erstwhile acorn
23 Omega preceder
24 — Arbor, Mich.
25 Right to vote
27 Chart
29 Scoundrel
30 Small barrel
32 Make wider
34 Reasons, in whodunits
37 Pismire
39 Walk the floor
42 Fake duck
44 — Gras
45 Food
46 Bygone times
48 Incursion
49 Unattractive, and then some
50 Find a buyer for
53 Peculiarfame

▶ Yesterday's answer



Sudoku

	9		1		5		2	
			2		4			
8		4				5		1
		1	8		9	7		
9								6
		5	4		7	3		
6		2				4		7
			3		6			
	4		7		1		8	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

5	9	2	7	4	6	1	3	8
8	4	7	3	1	5	6	2	9
1	6	3	9	8	2	4	7	5
6	2	9	4	3	8	7	5	1
4	1	8	5	6	7	2	9	3
7	3	5	1	2	9	8	4	6
3	7	6	2	5	1	9	8	4
2	5	1	8	9	4	3	6	7
9	8	4	6	7	3	5	1	2

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

To Bru! Love you babe! Sorry I can be stupid at times!!!!! <3 **CHRIS**

Bill, on Saturday we will be married 40 years. I love for all the good times, sad times but most of all I love you for our 3 children which in turn have given us 6 beautiful grandchilden. Happy Anniversary. Lots of Love, **YOUR WIFE, MARY**

Vivian, you are my sweet little chinese rose. I am so glad we are together, now and for always. **JRBW**

Babochka, Come seize the day with me ... for each hour is timeless ... and every second matters ... when I'm with you. **LOVE, YOUR UNICORN.**

T, the past 3 years have been one adventure after another and through it all we have been there to lean on each other. Happy Anniversary, **LOVE D.**

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 Why are you so reluctant to commit yourself to a task that could bring you fame and fortune? Is it because you fear you may not be up to the job? If so, don't worry – you're a natural.

♉ Taurus April 21-May 21 You may be ambitious by nature but don't push yourself too hard and burn yourself out. You are advised to save as much energy as you can over the next few days.

♊ Gemini May 22-June 21 What would you do if any path was open to you and you knew you could not fail? Then do it. Your dreams can come true, if you have the courage to aim high and the commitment never to give up.

♋ Cancer June 22-July 22 You need to find an outlet for all that energy that has been building up inside you. Physical activity of some kind is a must today as it will help you work off your frustrations.

♌ Leo July 23-Aug.23 Isn't it about time that you reminded someone close how much they mean to you? Most likely they know already but it never hurts to make sure, so hug them, kiss them and make them feel special.

♍ Virgo Aug. 24- Sept. 22 Your efforts may not seem to be bearing much fruit but don't get discouraged because the planets promise that what you do over the next few days will pay dividends early next week.

♎ Libra Sept. 23-Oct. 23 You may be a nice guy by nature but you also possess an indomitable will: nothing ever defeats you and nothing gets you down for long.

♏ Scorpio Oct. 24-Nov. 22 You have no doubt at all that you are going to reach the top of your chosen career path, but according to the planets you can't do it alone.

♐ Sagittarius Nov. 23-Dec. 21 Some of the best partnerships are formed between people whose outlooks are radically different, and if you bear that thought in mind you are less likely to miss an opportunity to link up with someone special. You'll make a great team.

♑ Capricorn Dec. 22-Jan. 20 What happens over the next 24 hours will make you realize how much more is possible, and how far short of your potential you have been falling.

♒ Aquarius Jan. 21-Feb. 18 What seemed like a good idea yesterday does not seem like a good idea today, and there is no reason why you should not give up on it. It's okay to change your mind.

♓ Pisces Feb. 19-March 20 You are strongly advised not to take risks today, not even if the odds appear to be in your favor. That applies especially to relationships. Stick with what, and who, you know and trust. Why risk everything for just a little extra? **SALLY BROMPTON**

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Caption contest

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WIN!

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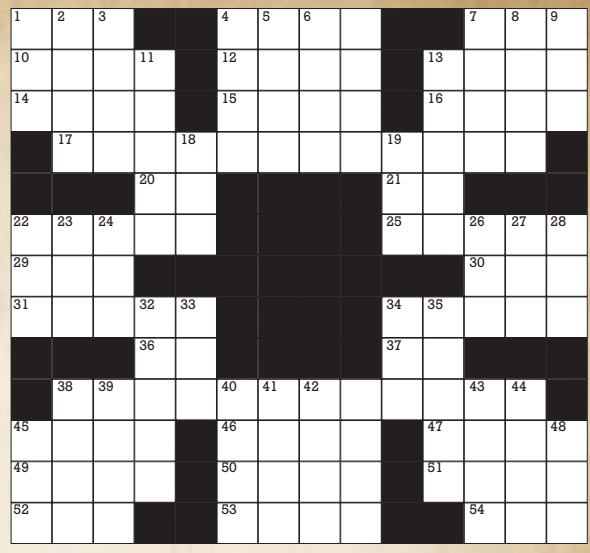
PUZZLES FOR THE METRO WORLD

Sudoku*

						7	5	
					7	9	3	8
				8	3	4		1
			3	9		5	1	7
		9	5					
5	2	3						
7		8	4					
3			2					
2	1	6	8					

Crossword*



Across

1 Consumed
4 Arid
7 Crafty
10 Large party
12 Wide boot width
13 Running footwear
14 Graceful trees
15 How I --- Your Mother
16 Fireplace burners
17 Merge together
20 Apiece (abbr.)
21 One Day -- A Time
22 Gorilla's, for example
25 Impede
29 Curve
30 Sneaky, -- - fox (2 words)
31 Special snack
34 Star of "Psycho"
36 Deal or -- Deal
37 Roker or Pacino
38 Work done on the house or apartment
45 Loughlin of Summerland
46 Lager
47 Tidy
49 Early Ron Howard role
50 Charged particle
51 Work for a living
52 Stinging insect
53 Tennis and volleyball apparatus
54 Participated in a marathon

Down

1 Ripen
2 Baby powder
3 Ticklish muppet
4 Found on a car dealer floor
5 Film spool
6 Abominable snowman
7 Guess
8 Box at the theatre
9 Affirmative
11 He played Mary's boss on Mary Tyler Moore Show
13 Tile
18 You don't ----?
19 Mate for mom
22 The Cat in the ---
23 Airport info.
24 Summer drink cooler
26 Lie on the beach
27 Compass reading (abbr.)
28 The --- Patrol
32 Children's classic, Little Orphan ----
33 As well
34 --- Alai
35 All by yourself
38 Heavy cord
39 A great lake
40 Smug
41 Healing lotion
42 Camping equipment
43 Very close by
44 Gilbert of Roseanne
45 Loft
48 The Nashville Network (abbr.)

*Sudoku and Crossword puzzles are not included in the Professor Layton series of games.

Nintendo

HERE WE HAVE AN 8-QUART PITCHER FILLED WITH JUICE, AN EMPTY 5-QUART PITCHER AND AN EMPTY 3-QUART PITCHER. YOUR TASK IS TO DIVIDE THE 8 QUARTS OF JUICE SO THAT BOTH THE 5-QUART PITCHER AND THE 8-QUART PITCHER ARE HOLDING EXACTLY 4 QUARTS.

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Whistler 1-Night 4-Star + Rail — from $199 + taxes & fees $19

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